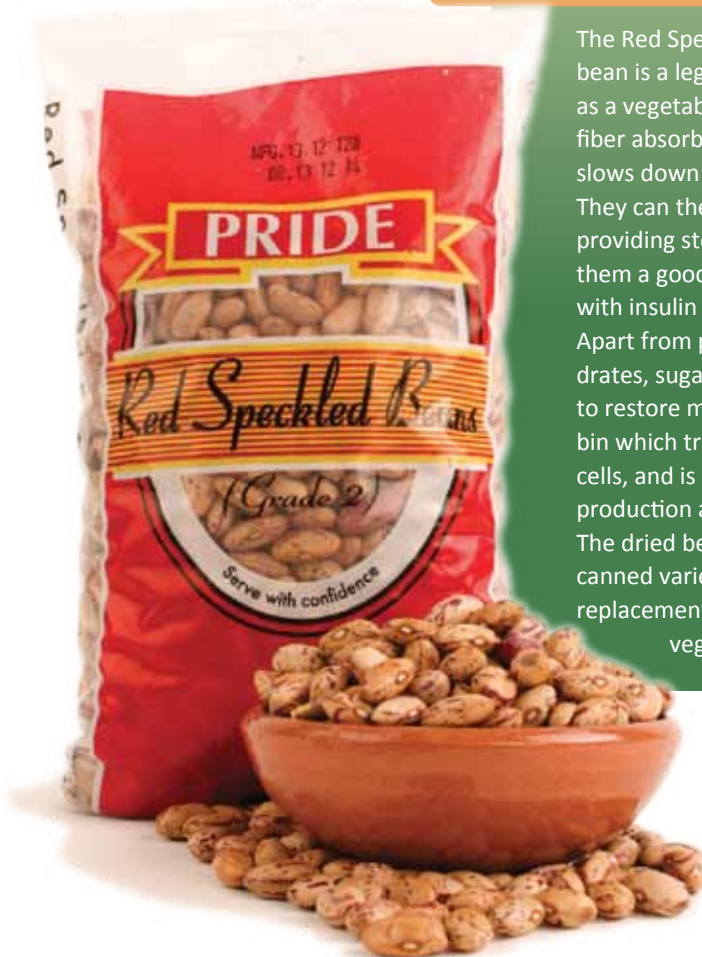


PRIDE RED SPECKLED BEANS

Product Info



The Red Speckled beans commonly known as the sugar bean is a legume. It is grown for its seed, which is eaten as a vegetable. It has high soluble fiber content. Soluble fiber absorbs water in the stomach forming a gel that slows down the absorption of the bean's carbohydrates. They can therefore help balance blood sugar levels while providing steady, slow-burning energy, which makes them a good choice for people with diabetes suffering with insulin resistance.

Apart from providing slow-burning complex carbohydrates, sugar beans can increase energy levels by helping to restore more iron, an integral component of hemoglobin which transports oxygen from the lungs to all body cells, and is also part of key enzyme systems for energy production and metabolism.

The dried bean can be purchased to re-hydrate or the canned variety which are ready to use. A well-known replacement for meat and is used in a variety of vegetarian dishes.

320082	SUGARBEANS PRIDE PP 50 KG	-
320025	SUGARBEANS PRIDE PL 5 KG	6002310005212
320017	SUGARBEANS PRIDE PL 8 X 2 KG	6002310010445
320099	SUGARBEANS PRIDE PL 8 X 1 KG	6002310010551
320093	SUGARBEANS PRIDE PL 10 x 500 GR	6002310005137


PRIDE
MILLING CO. [PTY] LTD

Nigel Mill
45 First Avenue,
Vorsterskroon, Nigel,
South Africa, 1490

Phone +27 11 814 8383
Fax +27 11 814 8370
nigelmill@pridemilling.co.za
www.pridemilling.co.za